

## Fast Facts

### Bone Spurs

- Also called osteophytes
- Tiny bony projections that form along the edges of bones, usually in a joint
  - Usually the result of joint damage from osteoarthritis
- Osteoarthritis causes the cartilage that cushions the ends of bones to break down. The body tries to repair the area by creating more bone cells, resulting in a bone spur.
- Can have bone spurs anywhere, but more common in the knee, spine, hip, and heel

<i><b>Symptoms</b></i>	<i><b>Treatment</b></i>	<i><b>Prevention</b></i>
<i>Typically:</i> -None  <i>Occasionally:</i> -Swelling -Pain -Loss of motion to the affected joint	<i>Initial:</i> -Rest -Ice -Over-the-Counter Pain Medications  <i>Intermediate:</i> -Physical therapy -Steroid injections  <i>Severe:</i> -Removal via surgery	-Not much if caused by arthritis  <i>Reduce Risk:</i> -Eat a well-balanced diet that includes calcium and vitamin D -Do weight-bearing exercises frequently -Maintain a healthy weight -Wear shoes that have enough room for your toes with good arch support and cushioning -Make sure shoes don't rub against feet when walking (wear thick socks to prevent this)

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